

ACTION SKILLS (VIRTUAL)



PURPOSE

To evaluate each contestant's ability to demonstrate and explain an entry-level skill used in the occupational area for which he or she is training.

First, download and review the General Regulations at: <http://updates.skillsusa.org>.

ELIGIBILITY

Open to active SkillsUSA members enrolled in career and technical programs with entry-level job skills as the occupational objective. A letter from the appropriate school official on school letterhead stating that the contestant is classified under the provisions of Public Law 105-17, Individuals with Disabilities Education Act, 1997, is required for participation. State associations having restrictions on the release of this information may submit a letter on school letterhead of eligibility, which simply states: "I certify that (student name) meets the eligibility requirements for the SkillsUSA Championships Action Skills contest. Signed, (school official)."

The eligibility letter is to be submitted at least 7 days in advance of the competition.

Instructions for submission of all electronic documents will be provided on the SkillsUSA website at <http://updates.skillsusa.org>.

CLOTHING REQUIREMENT

Contestants *must* wear appropriate attire for the occupational area of the demonstration.

- Red SkillsUSA blazer, windbreaker or sweater, or black or red SkillsUSA jacket.
- Button-up, collared, white dress shirt (accompanied by a plain, solid black tie), white blouse (collarless or small-collared) or white turtleneck, with any collar not to extend into the lapel area of the blazer, sweater, windbreaker or jacket.

- Black dress slacks (accompanied by black dress socks or black or skin-tone seamless hose) or black dress skirt (knee-length) (accompanied by black or skin-tone seamless hose).
- Black dress shoes.

Contest Clothing Notes (Apply ONLY to Virtual Competitions):

- Official SkillsUSA Competition Clothing recommended but NOT required.
- Contestant clothing options include the following:
 - Official Competition Clothing.
 - Trade Appropriate Clothing.
 - Professional Dress.
 - Business Casual.
- Clothing must meet industry safety standards.
- No identification of the contestant, school or state is allowed on clothing.
- No offensive, vulgar or inappropriate images or text are allowed on contestants clothing.
- No shorts or sleeveless shirts are allowed.
- Skirts must be at least knee-length.
- Proper Personal Protective Equipment (PPE) must be worn by contestant to meet all state, local and school requirements due to COVID-19.
- Scoring deductions may only be given and/or disqualification of contestant if clothing safety standards are not met"

These regulations refer to clothing items that are pictured and described at: www.skillsusastore.org. If you have questions about clothing or other logo items, call 1-888-501-2183.

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee:
 - a. Timekeeper
 - b. All necessary information and furnishings for judges and technical committee
2. Supplied by the contestant:
 - a. Computer with high speed internet capability and camera to use applications such as Zoom and Teams Etc. The minimum recommended

internet bandwidth speeds for joining Zoom meetings, accessing on-demand curriculum and other online operations is 2.0 Mbps up and down. You can test your current internet speeds by following this link:

<https://www.speedtest.net/>. Allow the page to load and click on GO.

- b. A secondary camera(s) may be required to provide judges with the ability to view contestants from different angles. Additional camera requirements will be located on the SkillsUSA website at <http://updates.skillsusa.org>.
- c. A contest Proctor will be required to be on site to assist judges. A local industry expert is preferred to serve as the Proctor and shall not be an individual that has been involved with the training of the contestant(s). The Proctor will serve as the onsite "hands and eyes" for the judges. Proctor will follow instructions from the judges for safety and operations related to the competition. Proctor may be asked by judges to perform several tasks such as operating a portable camera to show specific components or steps, measure parts, or any task that will provide judges with information needed to assist in accurate scoring of the contestant's work or presentation. However, the Proctor shall not serve as a judge nor have any influence in contestant scores.
- d. The contestant's instructor or advisor shall be on site to observe all competition activities to ensure a safe and healthy competition experience for all participants. That instructor or advisor will not be allowed to interact or interfere with the competitor unless a safety issue arises that requires interaction. Any other support or interaction between the contestant and the instructor/advisor will result in disqualification.
- e. All materials and equipment needed for the demonstration to be assembled two times, once for the preliminaries and again for the finals, if required.
- f. All competitors must create a one-page résumé and submit an electronic copy to the technical committee chair at least

seven (7) days in advance of the competition. Failure to do so will result in a 10-point penalty. Instructions for submission of the electronic résumé copy will be provided on the SkillsUSA website at <http://updates.skillsusa.org>.

Note: Your contest may also require a hard copy of your résumé as part of the actual contest. Check the Contest Guidelines and/or the updates page on the SkillsUSA website at <http://updates.skillsusa.org>.

SCOPE OF THE CONTEST

Knowledge Performance

There is no written knowledge test required in this contest.

Skill Performance

The demonstration is a presentation of an occupational skill accompanied by a clear explanation of the topic through the use of examples, experiments, displays or practical operations.

Contest Guidelines

1. Any skill may be demonstrated if it is related to the occupational program of the contestant.
2. The contestant will present on video a 3"x5" card with the following three items:
 - a. The contestant's number
 - b. The topic or purpose of the demonstration
 - c. The contestant's training program

This 3"x5" card will be presented on video to the chair and/or judges upon entering the contest room and prior to the contestant's demonstration.

3. The demonstration shall be at least five minutes in length but shall not exceed seven minutes.

Penalty: 50 points will be deducted for each 30 seconds (or fraction thereof) under the five minutes or for each 30 seconds (or fraction thereof) over the seven minutes.

4. Contestants will be allowed three minutes to set up the demonstration and three minutes to clear the demonstration area (8'x12') box.

Penalty: 50 points will be deducted for each 30 seconds (or fraction thereof) over the three-minute allowance.

Note: The demonstration area/box will be marked by an 8'x12' taped area on the floor.

5. Demonstration time (limit) will start when the demonstration begins. The timekeeper will signal the speaker at five minutes, six minutes and seven minutes.
6. The use of one 110-volt (15 amp) electrical outlet with an extension cord, one 30"x 72" table, one chair and one easel will be allowed and must be provided by the contestant. The use of these items are not required.

Note: The presenter and his or her demonstration material must remain within the 8'x12' demonstration area/box. Points will be deducted for any violation of demonstration materials, easel, presenter, model and/or model's chair that are outside the 8'x12' demonstration area/box.

7. Any visual aids (signs, charts, transparencies, slides or diagrams) are to be prepared by contestants. No sound devices of any kind may be used to transmit audible words, sound or music. No compressed air or gas will be permitted. No material or apparatus that in any way poses a threat of fire or explosion may be used. No pressurized aerosol cans of any kind are permitted.
8. The contestant will not mention or display his or her name, school, city or state.
9. The demonstration is an individual performance; however, an assistant may be used to set up and dismantle the demonstration, or may be used as a prop or model, but in no way can assist with the presentation. Any presentation assistance, coaching or signaling will disqualify the contestant. An advisor may not serve as an

assistant. The presentation assistant/model/helper must be a SkillsUSA student member.

10. The contestant's advisor/instructor must attend the mandatory orientation meeting with the contestant.
11. Contestants will not take the skills-related written or Professional Development Test as outlined in the general regulations.
12. The presentation assistant/model/helper must attend the contestant orientation meeting.
13. The contestant will not have any interaction with the judges or timekeeper.
14. Tiebreaker — Highest score based on the following criteria:
 - a. Explanation is complete
 - b. Demonstration is interesting
 - c. Demonstration is organized

Standards and Competencies

AS 1.0 — Design an effective presentation that demonstrates a job skill related to the field of training

- 1.1 Prepare a demonstration of a job skill that lasts five to seven minutes
- 1.2 Organize demonstration in a logical and coherent manner

AS 2.0 — Deliver the presentation in a professional manner that meets the standards outlined by the technical committee

- 2.1 Practice elements of informal conversation
- 2.2 Perform the actual skill in the presentation
- 2.3 Explain the topic through the use of experiments, displays or practical operations
- 2.4 Demonstrate an effective and pleasing delivery style
- 2.5 Use verbal illustrations and examples effectively
- 2.6 Make a formal and effective introduction to the presentation that clearly identifies the scope of the demonstration
- 2.7 Pronounce words in a clear and understandable manner if feasible
- 2.8 Use a variety of verbal techniques including: modulation of voice, changing volume, varied inflection, modifying tempo and verbal enthusiasm

- 2.9 Demonstrate poise and self-control while presenting
- 2.10 Use props and models to illustrate points
- 2.11 Demonstrate good platform development and personal confidence
- 2.12 Communicate the primary points of the speech in a compact and complete manner
- 2.13 Tie organizational elements together with an effective ending
- 2.14 Complete the demonstration within the time limits set by contest requirements
- 2.15 Deliver an interesting and informative demonstration

AS 3.0 — Wear appropriate national contest clothing for the occupational area of the demonstration.

- 3.1 Display clothing that meets national standards for competition
- 3.2 Demonstrate good grooming in dress and personal hygiene

AS 4.0 — SkillsUSA Framework



The SkillsUSA Framework is used to pinpoint the Essential Elements found in Personal Skills, Workplace Skills, and Technical Skills Grounded in Academics. Students will be expected to display or explain how they used some of these Essential Elements. Please reference the graphic above, as you may be scored on specific elements applied to your project. For more, visit: www.skillsusa.org/about/skillsusa-framework/.

Committee Identified Academic Skills

The technical committee has identified that the following academic skills are embedded in this contest.

Math Skills

None Identified

Science Skills

None Identified

Language Arts Skills

- Provide information in oral presentations
- Demonstrate use of verbal communication skills: choice, pitch, feeling, tone and voice
- Demonstrate use of nonverbal communication skills: eye contact, posture and gestures using interviewing techniques to gain information
- Identify words and phrases that signal an author's organizational pattern to aid comprehension
- Organize and synthesize information for use in written and oral presentations
- Demonstrate knowledge of appropriate reference materials
- Demonstrate understanding of skill

Connections to National Standards

State-level academic curriculum specialists identified the following connections to national academic standards.

Math Standards

None Identified

Source: NCTM Principles and Standards for School Mathematics. For more information, visit: www.nctm.org.

Science Standards

None Identified

Source: McREL compendium of national science standards. To view and search the compendium, visit: <http://www2.mcrcel.org/compendium/browse.asp>.

Language Arts Standards

- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate

effectively with a variety of audiences and for different purposes

- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and the exchange of information)

Source: IRA/NCTE Standards for the English Language Arts. To view the standards, visit: www.ncte.org/standards.